



Presented by the National Athletics Endurance Center Victoria, through support from Pacific Sport Victoria and University of Victoria Athletics and Recreation

### Run Jump Throw (ages 6-11)

- Athletics Canada’s core skills and grassroots program for Track and Field
- Teaches “FUNdamental” Skills of Running Jumping and Throwing
- Follows SPORT CANADA’s Playground to Podium LTAD [www.LTAD.ca](http://www.LTAD.ca)
- Skill progressions which form the foundation for all sports with specific Technical skill progressions for track and field events
- Teaching progressions based on physiological growth and development
- FUN, active and inclusive learning environment will be stressed
- Full description of program at [www.bcathletics.org/main/rjt.htm](http://www.bcathletics.org/main/rjt.htm)

Instructors: NCCP Certified RJT Instructors and members of the Vikes Track and Field Team

### Speed Agility Skills Program (ages 11-14 and 14-17)

- Follows SPORT CANADA’s Playground to Podium LTAD [www.LTAD.ca](http://www.LTAD.ca)
- Combines ABC’s of Sport: Agility, Balance, Coordination with Speed, Suppleness & Skill Development
- Stamina and Strength introduced progressively at age appropriate levels
- Specific Skills for a variety of sports especially Athletics
- Individual improvement and development in gender equitable environment
- Participants grouped by physiological growth and development and ability

Instructor: Dacre Bowen, NCCP level 2 Certified Sprint Coach

<b>Days</b>	<b>Dates</b>
SUNDAYS	January 10th – March 14th, 2010 4:00 – 5:15 pm
<b>Option 1A /1B</b>	RJT 3 class session (recommended for beginner children 7 and under)
<b>Fees:</b>	\$45/3 classes 1A: Jan 10, 17,24 <sup>th</sup> or 1B: Jan 31, Feb 7, 14 <sup>t</sup>
<b>Option 2:</b>	RJT ages 6-11 10 weeks Jan 10-Mar 14
<b>Option 3:</b>	SAS ages 11 and up 10 weeks Jan 10-Mar 14
<b>Fees:</b>	\$155 / 10 classes *

\* \$130 for returning participants and 2<sup>nd</sup> & 3<sup>rd</sup> child per family.

**Location:** Ian Stewart Complex Field House, 3964 Gordon Head Rd., University of Victoria

**PLEASE RETURN REGISTRATION FORM ATTACHED prior to January 8<sup>th</sup>, 2010**

For information on the RunJumpThrow Program, visit: [www.bcathletics.org/main/rjt.htm](http://www.bcathletics.org/main/rjt.htm) or email [runjumpthrow@bcathletics.org](mailto:runjumpthrow@bcathletics.org)

For more information on these programs, see <http://www.govikesgo.com/sports/> or contact [twright@athletics.ca](mailto:twright@athletics.ca) 250.744. 5531



RUN JUMP THROW & SPEED-AGILITY-SKILLS PROGRAMS
REGISTRATION FORM

Please complete one form per family and return with payment to PacificSport Victoria 100- 4636 Elk Lake Drive, Victoria, BC V8Z 5M1
Forms can also be sent by Fax: 250 744-3542 For further information please call: 250 744 5531 or visit http://www.govikesgo.com/sports/

Program: RunJumpThrow #1A [ ] RJT #1B [ ] 3 weeks RJT Option #2 [ ] 10 weeks Speed Agility Skills Option #3 [ ] 10 weeks

Participant Name: \_\_\_\_\_ Participant Name \_\_\_\_\_

PARENT NAME: \_\_\_\_\_ Tel: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please make cheques payable to PacificSport Victoria: 3wks \$45/participant;; 10 weeks \$155/ participant or \$130 for returning participants & 2nd, 3rd child /family .

Total Amount: \_\_\_\_\_ [ ] Visa [ ] MC [ ] Cheque [ ] Cash

Credit Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Cardholder (please print) \_\_\_\_\_ Signature \_\_\_\_\_

This program is supported by: PacificSport Victoria, University of Victoria Athletics and Recreation, and Athletics Canada http://www.govikesgo.com/sports/

PARTICIPANT LIABILITY RELEASE FORM

PLEASE RETURN WITH COMPLETED REGISTRATION FORM AND PAYMENT

I hereby give permission for myself or my child(ren) \_\_\_\_\_ to participate in the Athletics Canada National Endurance Centre, Run Jump Throw and/or Speed Agility Skills programs, presented in conjunction with the University of Victoria ,Athletics and Recreation and PacificSport Victoria. In return for my own or my child(ren)'s voluntary participation, I agree to release the organizers of responsibility for any injuries, claims, demands, actions or costs that might arise out of my or my child(ren)'s participation in this Program. Furthermore, I agree to hold harmless and to indemnify the organizers, the program sponsors and funding agencies from and against all such injuries, claims, demands, actions or costs. For the purposes of this agreement, I understand the organizers to mean: Athletics Canada, Pacific Sport Victoria, University of Victoria Athletics and Recreation, owners/operators of the facility where the program is taking place, and each of their respective directors, officers, employees, coaches, officials, volunteers, members and representatives.

Acknowledgement: This is a legal agreement. It is binding upon me as well as upon my heirs, executors and representatives. I have read and understood its terms and by signing it voluntarily I am agreeing to abide by these terms.

Program: RunJumpThrow [ ] and /or Speed Agility Skills [ ]

Printed Name of Participant: \_\_\_\_\_ AGE: \_\_\_\_\_ M/F (circle)

Printed Name of Participant: \_\_\_\_\_ AGE: \_\_\_\_\_ M/F (circle)

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Parent/Guardian Printed Name: \_\_\_\_\_ Emergency Contact # \_\_\_\_\_

Signature: \_\_\_\_\_ Dated: \_\_\_\_\_, 20\_\_

